

FEBRUARY 2012 GroupFIT SCHEDULE

MONDAY		2/6	2/13	2/20	2/27	
8:30 a.m. Cardio/Sculpt	yellow	Justin	Justin	Justin	Justin	
9:00 a.m. Kickboxing	green	Linda	Linda	Linda	Linda	
9:30 a.m. Cycling	green	Joyce	Joyce	Sherri	Joyce	
5:30 p.m. Korean Karate (90 min. Fee)*		Gordon	Gordon	Gordon	Gordon	
5:30p.m. TRX (FEE Class - Sign up at Desk)*		Justin	Justin	Justin	Justin	
6:00 p.m. Waterworks	green	Kristin	Kristin	Kristin	Kristin	
6:00p.m. 30 / 30 Full Body and Core	green	Alexia	Alexia	Alexia	Alexia	
6:30 p.m. Kettlebell (FEE Class)*		Linda	Linda	Linda	Linda	
7:00 p.m. Ashtanga/Yin Yoga	green	Cheryl	Cheryl	Cheryl	Cheryl	
TUESDAY		2/7	2/14	2/21	2/28	
6:00 a.m. Cycling	green	Paul	Joyce	Paul	Paul	
8:00 a.m. Yoga (60 min) Upper	green	Lisa	Cheryl	Lisa	Lisa	
9:05 a.m. mat Pilates (75min)	green	Kamelia	Kamelia	Kamelia	Kamelia	
9:00 a.m. Trekking	red	Linda	Linda	Linda	Linda	
6:00 p.m. Cycling / Strength Fusion	green	Michael	Michael	Michael	Joyce	
6:00pm Zumba	green	Zumba Team	Zumba Team	Zumba Team	Zumba Team	
6:00 p.m. Pilates	green	Alexia	Alexia	Alexia	Alexia	
7:15 p.m. Total Body Vibe (Studio 1)		Zumba Team	Zumba Team	Zumba Team	Zumba Team	
WEDNESDAY		2/1	2/8	2/15	2/22	2/29
6:00 a.m. Sunrise Circuit	green	Linda	Linda	Linda	Linda	Linda
9:00 a.m. TRX Circuit	green	Justin		Justin		Justin
9:00 a.m. Body Blast(Studio 3)	green		Michael		Michael	
6:00 p.m. Waterworks	green	Tara	Tara	Tara	Tara	Tara
6:00 p.m. Kickboxing	green	Linda	Linda	Linda	Linda	Linda
6:00p.m. 30 / 30 Full Body and Core		Alexia	Alexia	Alexia	Alexia	Alexia
7:00p.m. TRX (FEE Class - Sign up at Desk)*		Amen	Amen	Amen	Amen	Amen
7:00 p.m. Hatha/Power Yoga	yellow	Jill	Jill	Jill	Jill	Jill
THURSDAY		2/2	2/9	2/16	2/23	
6:00 a.m. Cycling	green	Mike	Mike	Mike	Mike	
8:00 a.m. Yoga (60 min) Upper	green	Cynthia	Cynthia	Cynthia	Cynthia	
8:30 a.m. Waterworks	yellow	Michael	Michael	Michael	Michael	
9:05 a.m. mat Pilates (75min)	green	Cynthia	Cynthia	Cynthia	Cynthia	
9:00 a.m. Trekking (60 min)	red	Linda	Linda	Linda	Linda	
5:30 p.m. Korean Karate (90 min. Fee)*		Gordon	Gordon	Gordon	Gordon	
5:30 pm "Drop In Boot Camp" (Fee Class)*		Alexia	Alexia	Alexia	Alexia	
6:00pm Cycling	green	Mike	Mike	Mike	Mike	
6:00 p.m. Pilates With Props	green	Cynthia	Cynthia	Cynthia	Cynthia	
6:00 p.m. Kettlebell (FEE Class)*		Linda	Linda	Linda	Linda	
7:00 p.m. Build 2 Burn	yellow	Mike	Mike	Mike	Mike	
7:00pm Zumba	green	Zumba Team	Zumba Team	Zumba Team	Zumba Team	
FRIDAY		2/3	2/10	2/17	2/24	
6:00 am Kickboxing	yellow	Linda	Linda	Linda	Linda	
8:30 a.m. 20/20/20	green	Michael	Michael	Michael	Michael	
9:00 a.m. Kettlebell (FEE Class)*		Linda	Linda	Linda	Linda	
9:30 a.m. Cycling	green	Michael	Michael	Michael	Joyce	
6:00 p.m. Zumba		Zumba Team	Zumba Team	Zumba Team	Zumba Team	
SATURDAY		2/4	2/11	2/18	2/25	
8:30 a.m. Circuit or Circuit Bata	green	Linda	Linda	Linda	Linda	
8:30 a.m. Cycling	green	Sherri	Sherri	Sherri	Sherri	
8:45 Waterworks	green	Donna	Donna	Donna	Donna	
9:00 a.m. Cardio Vibe (Studio 1)		Zumba Team	Zumba Team	Zumba Team	Zumba Team	
10:00 a.m. TRX (FEE Class - Sign up at Desk)*		Mike	Mike	Mike	Mike	
10:00 a.m. Yoga (75 min) Upper	green	Raluca	Raluca	Raluca	Raluca	
SUNDAY		2/5	2/12	2/19	2/26	
8:30 a.m. Cycling	green	Beth	Joyce	Paul	Beth	
9:00 a.m. Cardio Tennis FREE To Mem.		Grace	Grace	Grace	Grace	
10:00 a.m. Mat Power Pilates (75 min) Inter/Adv	green	Donna	Donna	Donna	Donna	

Please sign up for the following classes at the Front Counter:

Sunrise Circuit, Circuit, Circuit Bata, 30/30 Full Body, Cardio Vibe, Total Body Vibe, Cycling and Kickboxing!

New Classes! (Both FREE to members)

"Cardio Vibe" – a high-energy cardio class combining kickboxing, dance and cardio drills taught by 1-2 Vibe Fit instructors (Saturdays)

"Total Body Vibe" – a hardcore total body workout using stations taught by 1-2 Vibe Fit instructors (Tuesdays)

BOLD = NEW CLASSES

BOLD* = FEE BASED CLASS

Call today to get set up for a FREE Session with a Personal Trainer. Contact Justin Rada at 313.562.1296